

# **THE EFFECTS OF SOLUTION-FOCUSED GROUP THERAPY IN TREATMENT OUTCOMES AND PSYCHOLOGICAL WELL-BEING OF SUBSTANCE ABUSE CLIENTS**

## **ABSTRACT**

Psychosocial interventions are varied for substance abusetreatment. The aim of the present Article was to investigate the effects of solution-focused group therapy with substance abuse clients in Kuala Lumpur, Malaysia, from July 2015 through August 2015. In a quasi-experimental design, fifty-seven participants were selected and they completed a pre-and post-assessment on Treatment Outcomes Questionnaire and Clinical Outcome in Routine Evaluation. Results indicated that the participants' treatment outcomes and psychological well-being significantly increased upon receiving solution-focused therapy. However, adaptation of its interventions, such as the miracle question and scaling technique may be necessary in response to collectivist and past-time orientation culture of Malaysian client.

**Keywords:** Solution-Focused Group Therapy, Substance Abuse, Cross-Cultural Counseling, Malaysia